

## WOMAN'S HERALD

Devoted to the Household, the Fashions and the Activities of Women.

MARY MARSHALL, Editor.

DAILY DEPARTMENT OF THE WASHINGTON HERALD.

Correspondence is invited. Address all communications to the Woman's Editor of The Washington Herald.

MONDAY, OCTOBER 11, 1915.

## CAN YOU SWIM?

In these days it is considered quite as important for a young woman to know how to swim as to know how to play tennis, to dance or to run an automobile.

In our grandmother's days it was different. Accomplished young women played the piano, sang a little—a sweet "parlor" voice was enough—and perhaps knew how to play croquet. They knew how to do the satin stitch and they knew how to tat and, in a very "lady-like" way, they knew how to cook—not to take charge of the cooking or actually to prepare meals but to make an occasional pudding or cake.

Did the accomplished girl of those days count as one of her accomplishments a knowledge of swimming? Well, hardly. Swimming was not considered "genteel" and no "perfect lady" in those days would have thought herself quite modest to appear in the sort of costume necessary to aquatic accomplishments.

But now society women and the women who take their cues from them, as well as the women who are simply eager to find healthful recreation, swim as a matter of course. Especially last summer has swimming gained in favor, and, through the aid of swimming tanks in the city, those who have learned to swim in the summer will probably not let their accomplishment lag in the winter.

There are several good swimming tanks open to women in Washington. The Y. W. C. A. will have exclusive control of an excellent swimming pool in G street, where women may dive and swim in clear, fresh water either day or evening.

Aside from the practical uses of swimming, there is no more delightful exercise or pastime than it affords. A dive into clear, cool water, followed by a half hour of not too violent swimming, brings an exhilaration to the body and mind that no other form of exercise can give.

If you are really looking for a fad—something striking and as original as most fads—something that cannot fail to make people talk about you, follow the example of the Buffalo singer who has gone in for Chinese clothes.

"Chinese clothes," she says, "are beautiful as well as practical. Instead of changing from year to year, following the silly vagaries of fashion, the Chinese stick to beautifully thought-out lines and glorious combinations of color. We American women put in our time designing new fashions, sleeves longer or shorter, larger or smaller, skirts full or scanty, while the Chinese put their time on exquisite hand embroideries, on designs for silk fabrics, woven in tapestries, or brocades.

"The freedom of the wide, soft trousers and the long, soft coat—nothing could be more modest. The trousers are not only soft to the touch but they are entirely practical, for they wear like iron. The slippers are without heels. Some of the new ones I have are made of cloth of silver woven with blue threads. The feet feel delightfully 'comfy' in these shoes and look exceedingly well. On the whole, a woman dressed in Chinese costume looks balanced. To dress after this manner preserves the health, saves both time and money and, last but not least, such costume is a real delight to the eye."

## Suffrage Day by Day

Wednesday, 8 p. m.—Street meeting under the auspices of the Congressional Union, at corner of Ninth and D streets. Speaker, Mrs. Ida May Waters.

Friday, 4 p. m.—Executive board of the Washington Woman's Suffrage Council will meet at the residence of Mrs. George A. Boush, at 1818 Newton street.

Friday, 8 p. m.—Street meeting under the auspices of the Congressional Union, at corner of Fifth and D streets. Speaker, Mrs. M. E. Brooke.

Friday, 8 p. m.—Weekly co-operative meeting of the headquarters of the Congressional Union, 3429 P street. All interested invited to be present.

Saturday, 8 p. m.—Street meeting under the auspices of the Congressional Union, at corner of Fourth and K street. Speaker, Miss Lucy Burns.

The "Little Want Ads. are interesting, friendly, welcome 'salesmen,' that GET INSIDE 30,000 homes. Join the family circle and spend the day—Dan Taylor.

## The Joy of Motherhood.

There used to be no apprehension of distress to mar the complete joy of expectation, for many women who know, advise the use of Mother's Friend, an external remedy of particular value designed to soothe the muscles and relieve the pressure reacting on many nerves so that the strain upon the cords, tendons and ligaments is not accompanied by severe pains that sometimes cause nausea, vomiting sickness and other local distresses.

Mother's Friend has been used successfully for two generations and can be had of any druggist.

## Fur-Trimming Fad Produces Anomaly Models

An afternoon frock of black tulle and satin is trimmed with black fur. The wide sleeve is a feature.



A modern Gainsborough, in a blue plume, is exploited in a hat (to the right) with satin crown and wide brim under which is tucked a pink rose.



Despite the ban that has been put on paradise plumes they continue to appear on many of the fine hats of the season.

By GERMAINE GAUTIER.

An anomaly among suits is the model without fur trimming, and yet such exists and is likely to be acceptable to the woman who cannot afford the very best of fur. A good deal of braid is employed on the tails. Sometimes it is of the flat variety, but mostly the hercules weave is seen. It trims the skirt in rows of graduated width and encircles collar and cuffs, as well as contributing to the belt composition.

In relation to braid trimmings, an effort has been made to get away from

usually there is a matching muff and coat may be worn with coat or gown. A good deal of braid is employed on the tails. Sometimes it is of the flat variety, but mostly the hercules weave is seen. It trims the skirt in rows of graduated width and encircles collar and cuffs, as well as contributing to the belt composition.

Since color has been revived for street wear, many of the designers have used this as an opportunity to face high collar, sleeves edges and revers with Gainsborough in cloth and velvet, with Joffe blue or Russian Green. Those high colors are sometimes toned down a bit by the application of narrow bands of fur. A good idea is to have the facing color match the dominant tone in the chapeau.

Lovely metallic gauzes and laces composed of the afternoon and evening frocks. A departure has been made this season

Exquisite in its combination of all-wool tissue and blue satin is an evening gown with graceful cascade drapery.

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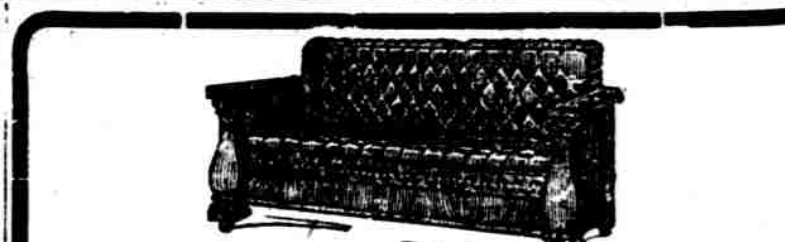
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## Aunt Chatty's Mothers' Club

Conducted by Mrs. Charity Brush

## THE CARE OF THE YOUNG BABY.

THIS is a real Mothers' Club, for the benefit of mothers everywhere who are struggling with questions of discipline, training, education, clothing, for the children. Write to Aunt Chatty of problems which are vexing you, and she will advise and help you to a solution of them. Write to her, too, of your own discoveries, of methods you have found successful in smoothing the rough paths of life for the tender, childish feet, that through the Mothers' Club your experience may be of benefit to other mothers who are still tangled in the web of perplexity you have so happily unraveled.

Co-operation is the secret of success in any business; so why not in the business of motherhood, that highest and holiest calling which always has been and always will be woman's crown of glory, no matter what other avenues of usefulness may be opened to her? Address Mrs. Charity Brush, care of this paper.

I have lately had some letters asking for instruction in the care of the very young baby; so many, in fact, that I am taking one of our club talks to answer them instead of writing personal letters. One received today is as follows: "Dear Aunt Chatty: Will you please advise me about nursing my baby? How often should an infant be nursed? Is it necessary to wake him up at the nursing hour? Is the nursing required just as often at night?"

"Also please inform me whether or not the baby should be bathed every day, and if the water should be hot or only lukewarm."

The essential thing in the care of your baby is regularity. Other things you must do, too, but all that you must be done at regular hours, as nearly as possible at the same hour each day. When the baby comes, he must be started on a schedule time in this new, strange world of his. If you have a trained nurse to care for him, that will be done for you and you will find your schedule established—or you should—when you are ready to assume the care of your child yourself.

But if you are depending on a friend or a relative to help you over the first few weeks, then you will have to know just what should be done, and lay down the law beforehand that things must be done as you say.

When baby first comes he must be nursed every two hours. For the first three or four weeks, he should be taken up when the hour arrives and given his meal, not only because it is desirable to begin training him from the outset in regular habits, but because he really requires the nourishment at short intervals until he begins to adapt himself to his new environment.

By the time he is six weeks old, the time should have been gradually lengthened between his meals until he is fed every two and a half hours. And then, if he is inclined to sleep, he should be left to sleep. I should not wake him to feed him. I know some of the medical guides say the child should always be taken up to nurse at the regular hours, but I think this is a word for the baby and two for the mother, for it is true that your schedule is interrupted by the omission of even one period; you naturally begin to feel again from the new hour after baby awakens, and thus you can never plan ahead anything for yourself. But, as I have told you, you must start this for your baby, not yourself, until your freedom comes in the course of time. Formerly we were told that the baby requires sleep as well as food, and that a nervous mother should not disturb his rest, even for the purpose of feeding him.

One good doctor I know says that we do not leave enough to Nature's way of doing things, for efficiency, and he ascribes much of the nervous restlessness of the day to this very attempt to outgeneral Dame Nature. The best rule to go by is, if you can't be regular, be as regular as you can.

By the time the baby is three months old, or even a little earlier, the time for meals should have been extended to intervals of four hours, until he begins to take something besides milk, and the intervals should not be longer than that. Although that, too, depends somewhat upon the health and strength of the child and the amount he takes at each meal. It is impossible to lay down any hard and fast rule for many individual peculiarities are always to be reckoned with.

From the day he is born baby should have his daily bath. This may be given at the same hour each day as nearly as possible. No outside engagements on the part of the mother should cause a sleep and you think it unwise to wake him should you wait beyond the regular time for the bath. He should never be bathed immediately after nursing, when very young, a full hour after nursing should elapse before his bath, and then he should not be nursed after the bath for twenty minutes or half an hour. Water should not be hot. I think many poor babies suffer torments they are quite unable to tell us about by being put into water too hot for the tender skin. Test the water with your own hand; if it is perfectly comfortable to you on the tender part of your arm, just below the elbow, baby will find it all right for himself.

Answers to Correspondents.

Mrs. L. M. writes: "I have a boy of ten who sulks when things do not go his way. What would you advise me to do with a child like that?"

Sulking sometimes is caused by faulty training; sometimes it is a matter of disposition. In either case, you will need to have infinite patience in teaching your boy to overcome his fault. I would try to be always a spectator with him, make few rules for him, and explain carefully why you expect him to obey. Pay no attention to his sulks, but go about your work as cheerfully as if he were not sulking. It takes two to make a cloudy sky in the home. The sunshine of your persistent cheerfulness will drive away the blackest cloud of sulks in time.

Mrs. C. M. G. writes: "I have an eight-year-old boy who is very sensitive. He

is also very lazy and slow about doing things he does not like to do, but if I reprove him his feelings are hurt. Is there any way to make him better?"

A sensitive child needs more love than the child that is more self-reliant. Show your little son in every way you can that he is very dear to you. Do not criticize him for what he does, but whenever you can, especially at the bedtime hour, go over the day's events with him—alone and away from the other children—and tell him then of his faults. I am a great believer in the bedtime talks with children. You can build up a wonderful friendship with them in these few quiet minutes, that will make many of your problems easy of solution.

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## HOROSCOPE.

Monday, October 11, 1915.

According to astrology Saturn rules with evil power today, but the Sun, Jupiter and Venus contend for good.

Saturn is in a place held to be exceedingly unfavorable to whatever enterprise requires courage and initiative. Important ventures of every sort should be postponed.

It is an unpropitious rule under which to make any changes in business or professional affairs.

The day is encouraging to those who seek loans or support from bankers, for final action on the day will be a fairly auspicious way for those who seek promotions or new positions. The old, however, will be disappointed.

Women should make the most of this planetary government. Success in new fields of work is prognosticated.

Love affairs are said to be subject to a most unusual influence. Persons of all ages will be more susceptible than usual and romances will multiply.

A reverse in favor of simplicity in living is prophesied. While financial retrenchments will be necessary to the many, the few who have great wealth will lead in economical reform.

America is to benefit greatly, the seers prophesy, through relief work. Belgium, Bread literally cases upon the waters is to return a hundredfold.

While the horoscope reveals for this country a period of severe stress, the future holds such magnificent promise, astrologers declare, that every great anxiety and sacrifice will bring rewards bigger than can be foreseen.

Those who read the stars declare that the last month in the year will be depressing and full of alarms for the whole world. The signs for Italy, France and Sicily are exceedingly sinister and Holland will suffer.

May be a terrible battle at sea some time before December.

Persons whose birthdate it is have a happy omen for the year. They will prosper in business and should have unexpected joys in the home.

Children born on this day are likely to be blessed, since they will know neither extreme wealth nor extreme poverty. These subjects of Libra are usually artistic in bent and affectionate in disposition.

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Artistic Lighting of the Home—a problem solved by our many new Electric Lamps, Glass Portables, and Lamps that embody the most elegant lighting effects for home furnishings. A feature of our display is the

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